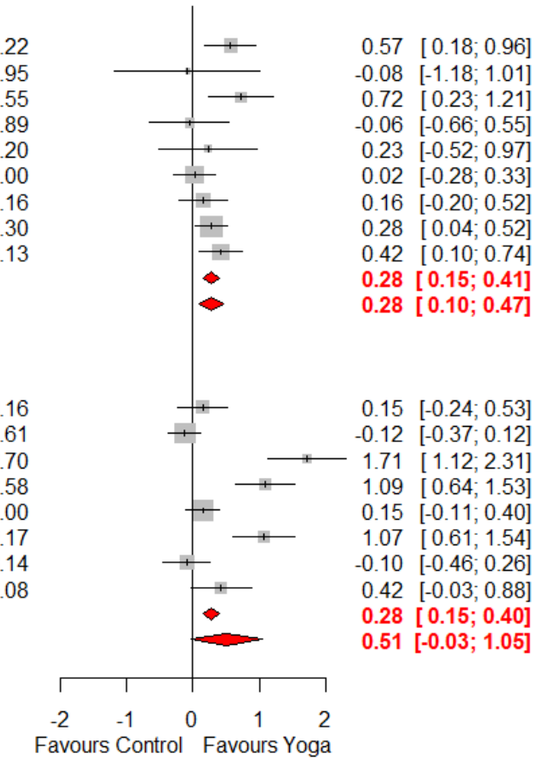
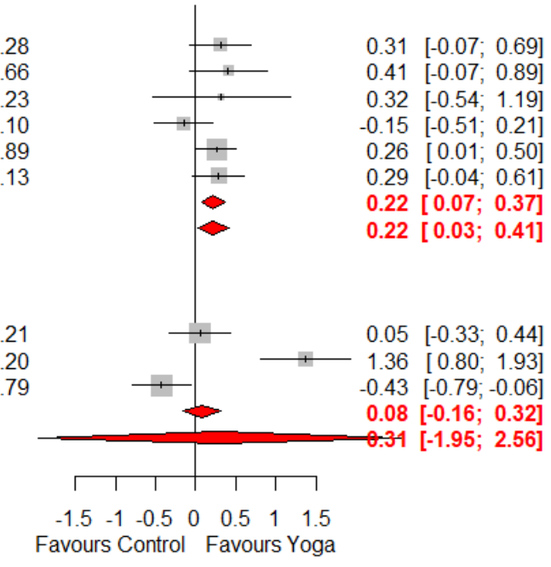
a. Physical functioning at short-term (2 to 4 month)

Study	Experimental Total	Mean	SD	Control Total	Mean	SD	SMD	95%-CI
Yoga vs passive control								
Aboagye et al. 2015	52	0.80	0.11	55	0.70	0.22	0.57	[0.18; 0.96]
Cox et al. 2010	5	44.17	14.41	9	45.25	11.95	-0.08	[-1.18; 1.01]
Highland et al. 2018	34	47.44	7.44	34	42.72	5.55	0.72	[0.23; 1.21]
Jacobs et al. 2004	22	75.03	22.83	20	76.17	16.89	-0.06	[-0.66; 0.55]
Saper et al. 2009	14	41.49	9.06	14	39.41	9.20	0.23	[-0.52; 0.97]
Saper et al. 2017	125	41.40	8.60	61	41.20	9.00	0.02	[-0.28; 0.33]
Teut et al. 2016	61	38.20	7.85	57	37.01	7.16	0.16	[-0.20; 0.52]
Tilbrook et al. 2011	129	47.66	9.56	138	45.05	9.30	0.28	[0.04; 0.52]
Groessl et al. 2019	75	4.20	8.74	75	0.65	8.13	0.42	[0.10; 0.74]
Fixed effect model	**517**			**463**			**0.28**	**[0.15; 0.41]**
Random effects model							**0.28**	**[0.10; 0.47]**
Heterogeneity: I^2 = 24%, τ^2 = 0.01, p = 0.23								
Yoga vs active control								
Aboagye et al. 2015	52	0.80	0.11	52	0.78	0.16	0.15	[-0.24; 0.53]
Michalsen et al. 2021	100	1.81	9.37	174	2.98	9.61	-0.12	[-0.37; 0.12]
Nambi 2014	30	22.30	2.30	30	18.00	2.70	1.71	[1.12; 2.31]
Patil et al. 2018	44	59.48	9.04	44	49.91	8.58	1.09	[0.64; 1.53]
Saper et al. 2017	125	41.40	8.60	112	40.10	9.00	0.15	[-0.11; 0.40]
Tekur et al. 2010	40	15.14	1.56	40	13.11	2.17	1.07	[0.61; 1.54]
Teut et al. 2016	61	38.20	7.85	58	38.97	8.14	-0.10	[-0.46; 0.26]
Demirel et al. 2019	40	-13.09	13.97	37	-19.47	16.08	0.42	[-0.03; 0.88]
Fixed effect model	**492**			**547**			**0.28**	**[0.15; 0.40]**
Random effects model							**0.51**	**[-0.03; 1.05]**
Heterogeneity: I^2 = 88%, τ^2 = 0.36, p < 0.01								



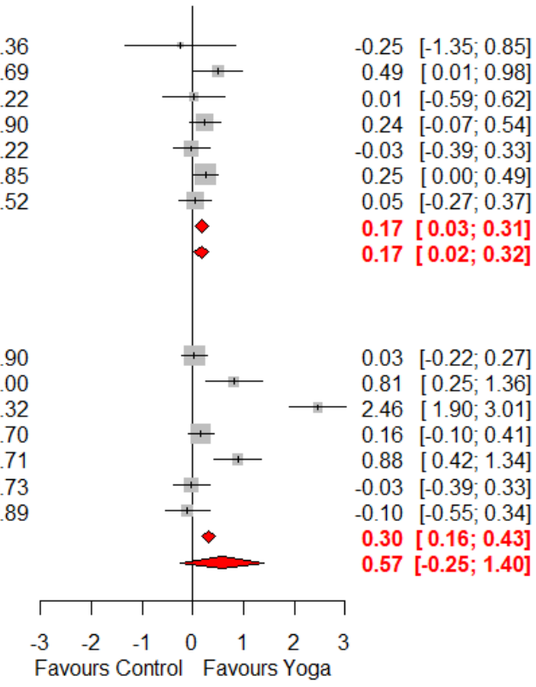
b. Physical functioning at long-term (6 month and longer)

Study	Experimental Total	Mean	SD	Control Total	Mean	SD	SMD	95%-CI
Yoga vs passive control								
Aboagye et al. 2015	52	0.77	0.15	55	0.70	0.28	0.31	[-0.07; 0.69]
Highland et al. 2018	34	47.05	8.00	34	44.06	6.66	0.41	[-0.07; 0.89]
Saper et al. 2009	8	44.33	2.17	15	43.14	4.23	0.32	[-0.54; 1.19]
Teut et al. 2016	61	36.41	8.04	57	37.60	8.10	-0.15	[-0.51; 0.21]
Tilbrook et al. 2011	125	48.01	9.74	134	45.48	9.89	0.26	[0.01; 0.50]
Groessl et al. 2019	75	2.77	12.47	75	-0.74	12.13	0.29	[-0.04; 0.61]
Fixed effect model	**355**			**370**			**0.22**	**[0.07; 0.37]**
Random effects model							**0.22**	**[0.03; 0.41]**
Heterogeneity: I^2 = 0%, τ^2 = < 0.01, p = 0.42								
Yoga vs active control								
Aboagye et al. 2015	52	0.77	0.15	52	0.76	0.21	0.05	[-0.33; 0.44]
Nambi 2014	30	27.40	3.10	30	23.10	3.20	1.36	[0.80; 1.93]
Teut et al. 2016	61	36.41	8.04	58	40.01	8.79	-0.43	[-0.79; -0.06]
Fixed effect model	**143**			**140**			**0.08**	**[-0.16; 0.32]**
Random effects model							**0.31**	**[-1.95; 2.56]**
Heterogeneity: I^2 = 93%, τ^2 = 0.76, p < 0.01								



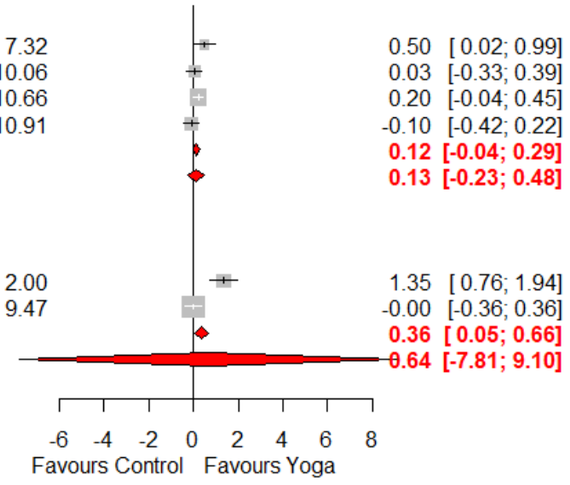
c. Mental health at short-term (2 to 4 month)

Study	Experimental Total	Mean	SD	Control Total	Mean	SD	SMD	95%-CI
Yoga vs passive control								
Cox et al. 2010	5	45.25	13.00	9	47.94	9.36	-0.25	[-1.35; 0.85]
Highland et al. 2018	34	50.58	7.05	34	47.41	5.69	0.49	[0.01; 0.98]
Jacobs et al. 2004	22	71.64	17.06	20	71.40	16.22	0.01	[-0.59; 0.62]
Saper et al. 2017	125	47.10	12.40	61	44.20	11.90	0.24	[-0.07; 0.54]
Teut et al. 2016	61	48.50	9.99	57	48.76	8.22	-0.03	[-0.39; 0.33]
Tilbrook et al. 2011	129	49.09	10.38	138	46.61	9.85	0.25	[0.00; 0.49]
Groessl et al. 2019	75	-0.10	7.82	75	-0.48	7.52	0.05	[-0.27; 0.37]
Fixed effect model	**451**			**394**			**0.17**	**[0.03; 0.31]**
Random effects model							**0.17**	**[0.02; 0.32]**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.58								
Yoga vs active control								
Michalsen et al. 2021	100	3.29	12.85	174	2.92	13.90	0.03	[-0.22; 0.27]
Nambi 2014	26	-8.40	2.10	28	-10.50	3.00	0.81	[0.25; 1.36]
Patil et al. 2018	44	68.80	13.43	44	42.23	7.32	2.46	[1.90; 3.01]
Saper et al. 2017	125	47.10	12.40	112	45.20	11.70	0.16	[-0.10; 0.41]
Tekur et al. 2010	40	15.23	1.34	40	13.35	2.71	0.88	[0.42; 1.34]
Teut et al. 2016	61	48.50	9.99	58	48.84	10.73	-0.03	[-0.39; 0.33]
Demirel et al. 2019	40	-16.60	22.41	37	-14.33	20.89	-0.10	[-0.55; 0.34]
Fixed effect model	**436**			**493**			**0.30**	**[0.16; 0.43]**
Random effects model							**0.57**	**[-0.25; 1.40]**
Heterogeneity: I^2 = 92%, τ^2 = 0.73, p < 0.01								

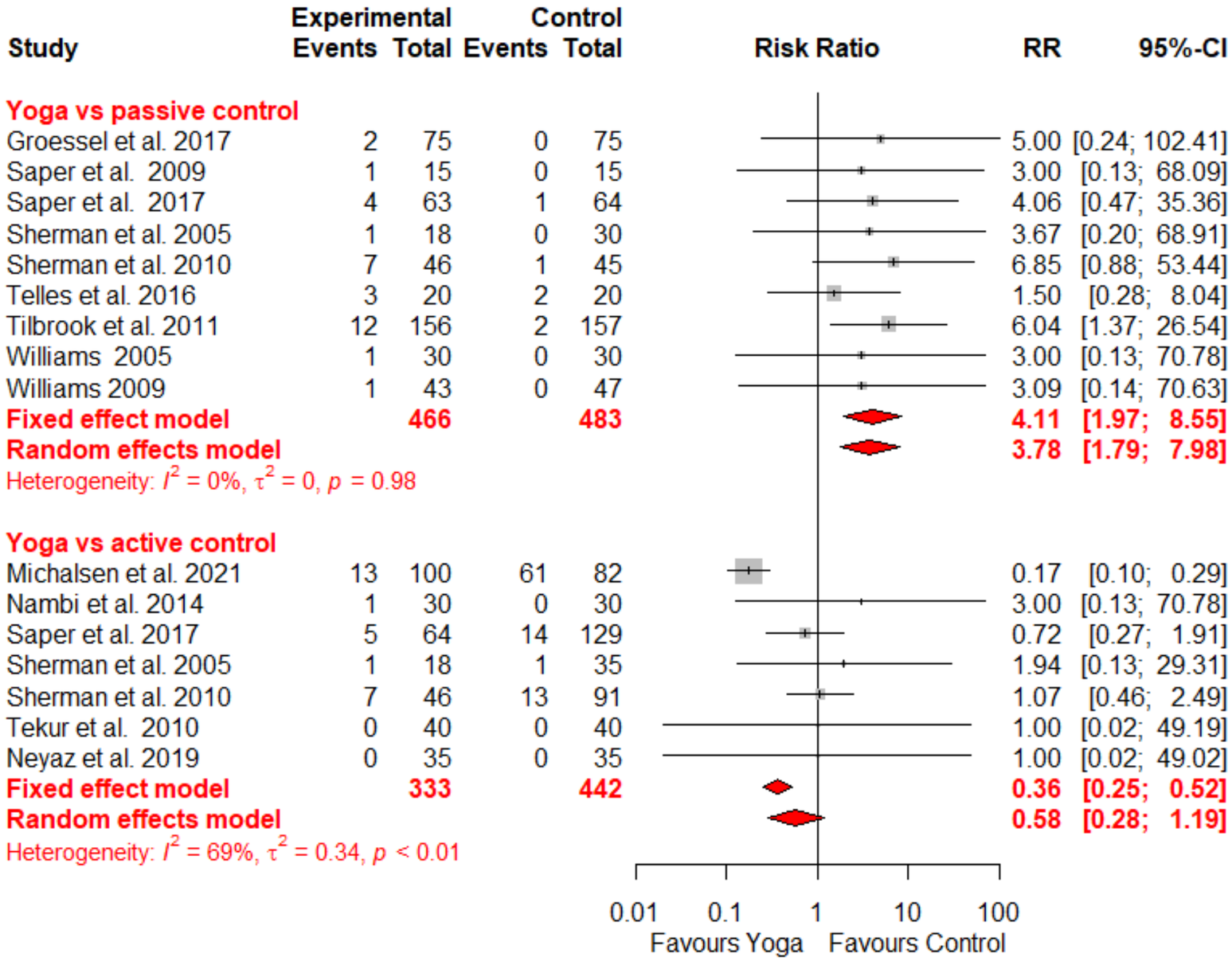


d. Mental health at long-term (6 month and longer)

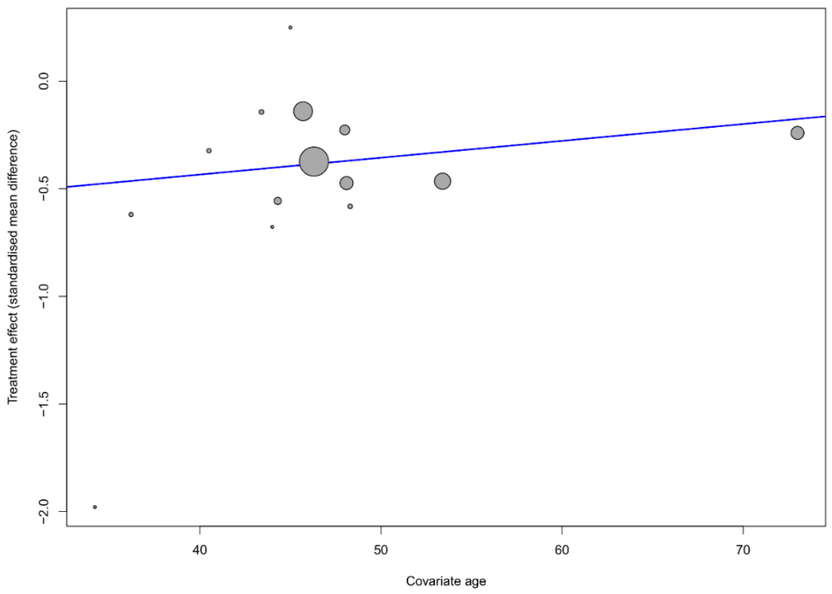
Study	Experimental Total	Mean	SD	Control Total	Mean	SD	SMD	95%-CI
Yoga vs passive control								
Highland et al. 2018	34	51.89	7.32	34	48.20	7.32	0.50	[0.02; 0.99]
Teut et al. 2016	61	48.70	11.25	57	48.41	10.06	0.03	[-0.33; 0.39]
Tilbrook et al. 2011	125	48.74	10.18	134	46.61	10.66	0.20	[-0.04; 0.45]
Groessl et al. 2019	75	-1.62	10.99	75	-0.50	10.91	-0.10	[-0.42; 0.22]
Fixed effect model	**295**			**300**			**0.12**	**[-0.04; 0.29]**
Random effects model							**0.13**	**[-0.23; 0.48]**
Heterogeneity: I^2 = 39%, τ^2 = 0.01, p = 0.18								
Yoga vs active control								
Nambi 2014	26	-2.10	2.30	28	-5.00	2.00	1.35	[0.76; 1.94]
Teut et al. 2016	61	48.70	11.25	58	48.72	9.47	-0.00	[-0.36; 0.36]
Fixed effect model	**87**			**86**			**0.36**	**[0.05; 0.66]**
Random effects model							**0.64**	**[-7.81; 9.10]**
Heterogeneity: I^2 = 93%, τ^2 = 0.82, p < 0.01								



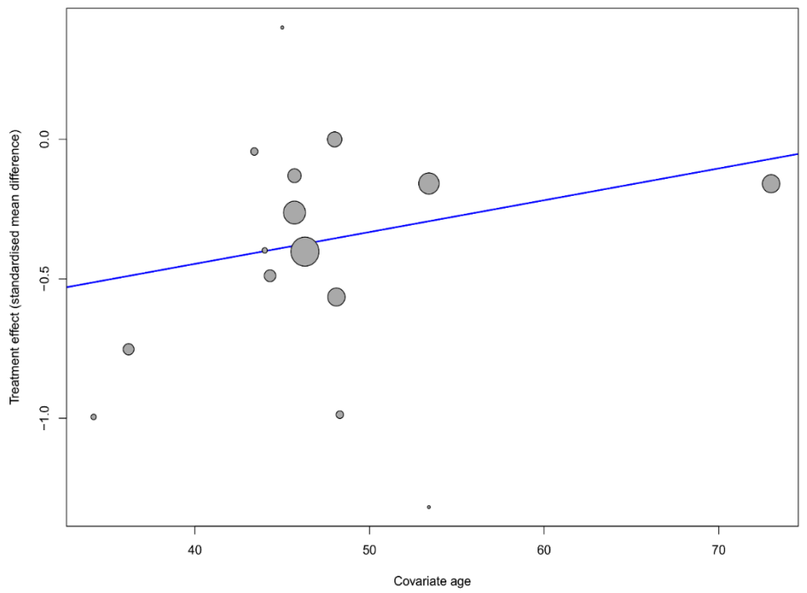
Adverse events



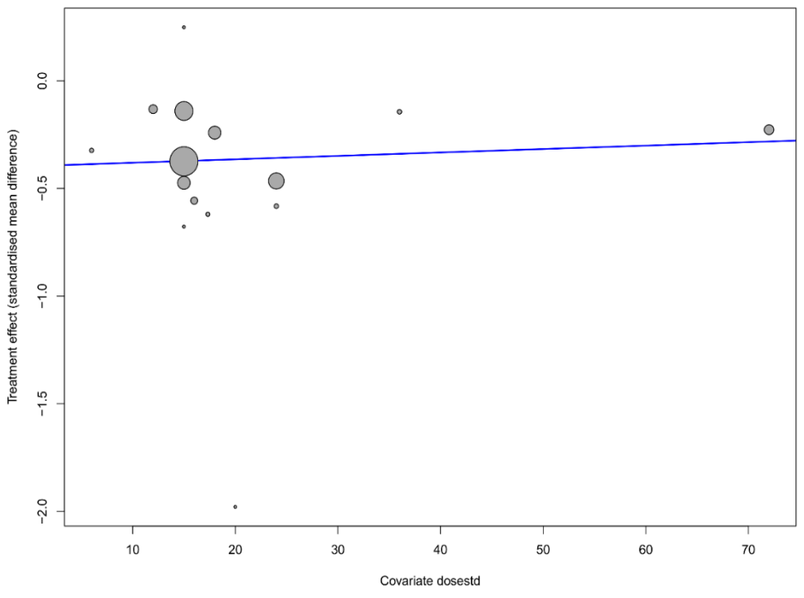
a. meta-regression model for pain at short-term and participants age



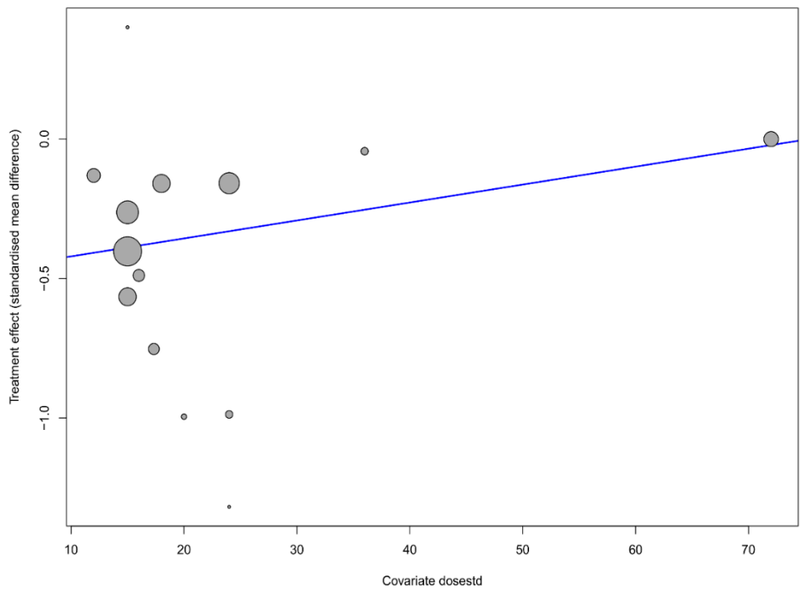
b. meta-regression model for pain-related disability at short-term and participants age



c. meta-regression model for pain at short-term and intervention dose in hours



d. meta-regression model for pain-related disability at short-term and intervention dose in hours



Reference	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Aboagye et al., 2015 / Brämberg et al., 2017	Low risk	Low risk	Unclear	Low risk	Low risk	High risk	Low risk
Cox et al., 2010	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	High risk
Demirel et al., 2019	Unclear	Low risk	Unclear	High risk	Low risk	Unclear	Low risk
Galantino et al., 2004	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	High risk
Groessl et al., 2017 / Groessl et al., 2019	Low risk	Low risk	High risk	Low risk	Low risk	High risk	Low risk
Highland et al., 2018	Low risk	Low risk	High risk	High risk	Low risk	Unclear	Low risk
Jacobs et al., 2004	Low risk	Low risk	High risk	High risk	Unclear	High risk	Unclear
Kim et al., 2014	Unclear	Unclear	Unclear	Unclear	Unclear	High risk	Low risk
Kuvacic et al., 2018	Unclear	Unclear	Unclear	Low risk	Low risk	Unclear	Low risk
Michalsen et al., 2021	Low risk	Low risk	Unclear	Low risk	Low risk	High risk	Low risk
Monro et al., 2015	Low risk	Unclear	High risk	Low risk	Low risk	Unclear	Unclear
Nambi et al., 2014	Low risk	Unclear	Unclear	Low risk	High risk	High risk	High risk
Neyaz et al., 2019	Low risk	Low risk	High risk	Low risk	Low risk	Unclear	Low risk
Patil et al., 2018	Low risk	Unclear	Unclear	Low risk	Unclear	Unclear	High risk
Pushpika Attanayake et al., 2010	Unclear	Unclear	Unclear	Unclear	Low risk	High risk	Unclear
Saper et al., 2009	Low risk	Low risk	High risk	High risk	Low risk	Low risk	Low risk
Saper et al. 2017	Low risk	Unclear	High risk	Low risk	Low risk	Unclear	Low risk
Sherman et al., 2005	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	Low risk
Sherman et al., 2011	Low risk	Low risk	High risk	Low risk	Low risk	High risk	Low risk
Tekur et al., 2008 / Tekur et al., 2010	Low risk	Low risk	High risk	Low risk	Low risk	High risk	Low risk
Telles et al., 2016	Low risk	Low risk	Unclear	Low risk	Unclear	High risk	High risk
Teut et al. 2016	Low risk	Low risk	High risk	High risk	Low risk	Unclear	Low risk
Tilbrook et al., 2011	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	Unclear
Vyshlova et al., 2015	Low risk	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Wattamwar et al., 2013	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Williams et al., 2005	Low risk	Unclear	High risk	Low risk	High risk	Low risk	High risk
Williams et al., 2009	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	Low risk

Outcome	Measure (range of values)	MCID values
Primary outcomes		
Pain intensity	11-point numeric rating scale (0 =no pain, 10 = pain as bad as you can imagine); with higher scores indicating worse pain	≥ 1.5 points
Disability	Roland Morris Disability Questionnaire (0-24); with higher scores indicating greater functional limitation	≥ 2.5 points
Secondary outcomes		
Physical functioning	SF-36 physical functioning subscale (0-100); with higher scores indicating better physical health status	≥ 3 points
Mental health	SF-36 mental health subscale (0-100); with higher scores indicating better mental health status	≥ 3 points